

Secondary Lunch

Fri - 01/01/2010	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
French Fries	Serving	130	0	300	2.00	0.72	0.00	0	2.40	2.00	21.00	3.50	1.00
Tator Tots	3 oz	170	0	340	2.00	0.72	20.00	0	1.20	2.00	19.00	10.00	2.50
Potato, Baked half LCISD	halves	139	0	15	3.29	1.61	22.42	15	14.35	3.74	31.62	0.19	0.06
Mashed Potatoes LCISD US	1/2 CUP	101	1	176	1.23	0.25	44.20	184	15.16	2.57	16.66	2.83	0.56
Potato Salad LCISD	1/2 cup	154	7	375	1.44	0.42	12.44	222	7.15	1.34	17.88	9.00	0.98
Cabbage V20	1/2 CUP	22	0	44	1.68	0.67	27.37	84	19.28	0.83	3.96	0.75	0.14
CARROTS, Buttered LCISD	1/2 CUP	43	0	139	3.05	0.49	32.76	15712	2.13	0.55	7.17	1.56	0.27
Candied Yams	1/2 cup	329	0	146	2.62	0.46	28.58	406	8.13	1.16	67.83	7.46	*1.38
Corn on the Cob LCISD	1/2 CUP	133	0	302	3.53	0.77	4.16	373	6.05	3.93	28.15	2.74	0.48
Corn, (Frozen) LCISD V-15	1/2 CUP	81	0	87	1.98	0.39	2.88	237	2.89	2.11	15.93	2.20	0.39
CAULIFLOWER / Cheese S	1/2 CUP	60	0	320	2.66	0.40	48.07	62	30.86	2.11	7.35	3.35	1.60
BLACK-EYED PEAS V-30	.5 CUP	138	2	566	5.66	1.73	64.61	22	5.01	8.90	23.70	1.10	0.28
Broccoli, Steamed V-20A	1/2 cup	33	0	22	2.20	0.34	19.54	556	36.22	2.21	4.42	0.60	0.11
Broccoli with Cheese V20-A	.5 cup	20	0	85	0.73	0.11	14.47	190	12.07	0.87	2.41	0.80	0.40
Green Beans LCISD V-6	1/2 cup	41	4	450	1.44	0.80	65.77	346	3.31	2.14	3.59	2.28	0.42
Mixed Vegetables LCISD	1/2 CUP	94	0	44	4.99	0.93	28.84	4951	3.63	3.26	14.86	2.45	0.46
Okra & Tomato LCISD V-2	1/2 cup	58	0	337	1.71	0.91	46.17	599	16.25	2.44	9.27	2.12	0.40
Peas (Frozen) LCISD V10 B	1/2 CUP	90	0	166	5.20	1.44	23.14	2069	9.36	4.88	13.49	2.14	0.40
PICKLES,DILL spears	1 EACH	55	0	274	0.60	0.15	36.60	458	0.42	0.35	12.69	0.25	0.04
Squash, Steamed V-23	1/2 cup	30	0	6	1.38	0.55	20.83	354	7.35	0.96	5.52	0.92	0.17
Squash Casserole	servings	342	71	699	2.72	2.16	268.80	1188	7.64	12.46	30.91	19.27	5.98
PINTO BEANS VEG #19 Ca	.25 cup	65	0	361	3.92	0.67	37.18	60	0.14	3.24	12.99	0.03	0.01
Refried Beans V20 Secondar	.5 CUP	129	10	691	6.77	2.48	47.13	306	9.96	7.03	22.00	1.67	0.59
SALAD,BURGER LCISD Sal	1 EACH	27	0	194	2.28	0.76	38.17	946	6.43	1.66	5.75	0.28	0.04
Salad, Tossed LCISD VS3	.5 cup	8	0	6	0.70	0.25	10.38	1540	6.72	0.43	1.71	0.09	0.01
Salad, Spinach LCISD VS-6	.5 cup	23	30	44	1.06	1.30	48.55	4209	12.83	2.20	2.12	0.92	0.26
Guacamole Salad LCISD VS	1 each	165	13	69	4.45	0.71	48.27	470	8.56	2.57	8.55	14.53	4.99
Celery Sticks, Stuffed LCISD	.5 CUP	264	38	1181	1.21	0.21	338.10	955	2.34	10.89	15.37	18.05	6.54
Relish Plate LCISD VS-1	.5 CUP	45	0	842	2.88	1.22	67.58	5933	2.50	1.00	6.97	1.92	0.27
Veggie Sticks	.5 CUP	45	0	842	2.88	1.22	67.58	5933	2.50	1.00	6.97	1.92	0.27
FRESH FRUIT	1 EACH	35	0	0	1.42	0.09	15.75	96	18.53	0.43	8.86	0.12	0.03
APPLESAUCE:cnnd,unswtn	1/2 cup	57	0	3	1.60	0.16	3.99	39	28.22	0.23	15.03	0.07	0.01
PEACHES: canned,light syru	1 CUP	136	0	13	3.26	0.90	7.53	889	6.02	1.13	36.52	0.08	0.00
PEARS: canned,light syrup	.5 cup	80	0	5	2.00	0.36	0.00	0	1.20	1.00	20.00	0.00	0.00
PINEAPPLE CHUNKS:cann	.5 cup	66	0	1	1.01	0.49	17.64	48	9.45	0.45	16.95	0.15	0.01
Apple Cobbler LCISD D-9	SERVINGS	426	0	899	3.61	1.74	17.33	208	0.38	3.64	69.81	15.71	4.07
Apple Pie LCISD D-4	SERVINGS	306	0	166	1.75	0.89	15.44	340	0.12	1.75	48.02	12.60	2.16
Apple Crisp LCISD D-9B	SERVINGS	292	0	569	3.88	0.83	22.25	330	0.39	2.17	56.67	7.47	1.39
CHERRY COBBLER	SERVINGS	226	0	56	1.62	2.10	14.88	881	2.84	1.97	42.76	5.89	1.68
Cherry Crisp LCISD D-3B	SERVINGS	301	0	93	2.86	1.52	34.28	1249	2.66	4.32	54.55	8.57	1.59
Peach Crisp LCISD D-11A	1/2 cup	213	0	11	2.92	1.12	23.65	665	3.30	2.43	41.34	5.27	0.98
Peach Cobbler LCISD D-11B	1/2 cup	347	0	341	2.65	2.03	18.73	544	3.29	3.90	54.47	13.52	3.66
Strawberry Pie LCISD D-9	SERVINGS	191	0	225	1.72	0.95	45.01	88	41.91	3.16	34.03	5.28	1.68
Strawberry Topping LCISD D	SERVINGS	56	0	2	1.37	0.50	10.52	29	26.30	0.28	14.32	0.07	0.00
Cherry Topping LCISD D-10	SERVINGS	52	0	12	0.29	0.11	3.79	170	0.40	0.29	13.08	0.02	0.00
Yellow Cake D-6A	1 EACH	146	24	175	0.33	0.74	53.78	229	0.07	2.34	22.76	5.15	1.01
Pudding, Banana LCISD D-2	1/2 CUP	148	5	1287	1.81	0.27	63.75	95	5.64	2.51	30.91	2.66	1.23
Pineapple Layer Bar D-8	Bars	355	20	56	2.24	1.78	43.29	582	3.25	4.60	54.62	13.84	2.62
Gelatin w/ Fruit LCISD F-1	1 each	100	0	86	0.60	0.20	5.56	123	1.14	1.59	24.62	0.04	0.01
CORNBREAD LCISD B-9	1 EACH	423	142	551	3.27	3.48	243.29	230	0.26	11.50	59.37	15.78	2.71
ROLLS LCISD Secondary Br	1 EACH	197	0	113	1.13	1.68	22.87	0	0.09	4.22	33.08	5.22	0.70
Garlic Bread LCISD Bread-1	1 EACH	204	0	113	1.13	1.69	23.05	34	0.10	4.23	33.10	5.98	0.84
RICE,Cooked White	servings	126	0	96	0.29	1.46	4.03	0	0.00	2.32	27.81	0.20	0.06
Spanish Rice LCISD Rice-1	1/2 CUP	166	0	13	0.55	1.61	6.27	22	0.55	2.47	29.24	3.99	0.56
Macaroni and Cheese	1/2 CUP	241	27	714	0.98	0.71	289.82	585	0.01	12.25	23.40	10.84	5.28
CRACKERS	4 EACH	50	0	180	0.00	0.72	20.00	0	0.00	1.00	9.00	1.00	0.00
MILK,1% Chocolate	HALF PINT	158	8	153	1.25	0.60	287.50	490	2.25	8.10	26.10	2.50	1.54
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	290.36	478	0.00	8.22	12.18	2.37	1.54
MILK,2% Lowfat	HALF PINT	122	20	100	0.00	0.07	285.48	461	0.49	8.05	11.42	4.81	3.07